



Contact Info:

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Partial Client List

- Comcast
- CME Group
- KitchenAid
- L&L Products
- National 4-H Council
- Rockwell Collins
- Ozinga
- Skender Construction
- SunGlass Hut
- USAA
- University of Michigan

Rick Van Arnam

Principal Consultant, The Table Group

Founder, Paine Mountain, Inc. / A Veteran Owned Small Business

Rick brings nearly twenty years of consulting experience to his partnership with The Table Group. His client work focuses on the connection between effective relationships, cohesive teams and producing results. Recognized for his ability to connect with others and break down complex issues, Rick has a unique way of helping clients improve their organizations by creating healthy environments where desired results are realized.

Currently, Rick works with CEOs and executive teams to quickly and effectively apply the concepts related to organizational health. His clients span a broad spectrum of industries ranging from technology, consumer brands, health care and the government.

Rick has a diverse leadership background in the military, corporate, and higher education segments. A veteran of deployments to Panama (1989) and Afghanistan (2003 & 2010), he has used Patrick's concepts in senior leadership roles spanning data network sales to full-spectrum Military Intelligence Operations in Afghanistan.

Prior to partnering with The Table Group in 2012 and since 9/11, Rick balanced challenging Army National Guard demands with his work as an organizational effectiveness consultant and work in higher education leading teams in both development and student affairs. In 2014, he retired at the rank of Colonel in the United States Army where he served for thirty years on Active Duty and in the National Guard and Reserves including a final assignment as Commander of the 124th RTI (Regional Training Institute) Regiment. He earned an MBA from the University of Michigan's Ross School of Business with a focus on marketing and strategy. His business has received certification as a Veteran Owned Small Business (VOSB).

Rick is married and together they have two adult children and he splits his time between Chicago and North Carolina.

Endorsements

"Rick and I crossed paths in 2004 and right away I could feel his positive energy. Rick has had a positive influence on my personal life and professional career. Rick has the keen ability to connect with his clients using all of his skills. If you are looking for someone to lead, guide or mentor your 'team', Rick is someone I would highly recommend."

—Robert Banfield, Director, Major Account Services, Casella Waste Systems

"Rick has a personality and a set of life experiences that make him an invaluable facilitator. His integrity in the resolution process has always helped us re-focus and achieve results, even in the most dire circumstances."

—Joseph Woodin, CEO, Gifford Medical Center